



SAY “BOO” TO TOBACCO. YOUR LUNGS ARE WORTH IT.

Did you know?

- Within 72 hours of your last cigarette, circulation and lung function improve.
- Risk of lung infections drops within two weeks to three months of quitting.
- After 10 years of not smoking, your risk of developing lung cancer is 30% to 50% lower than it would be had you continued to smoke.

Do the right thing for your health. The alternative is frightening. Act now and you may be eligible for a free 8-week supply of nicotine patches, gum, or lozenges to help you quit.

Call 1.800.QUIT.NOW | visit www.quitlineiowa.org
(1.800.784.8669)



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669